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CENTER FOR HEALTH
AND LEARNING
HEALTHY LIVING MATTERS

2018 ANNUAL REPORT

FROM OUR EXECUTIVE DIRECTOR

2019 marks Center for Health and Learning's 20th anniversary working diligently to improve public health in Vermont and the region, via policy initiatives, practice improvement, curriculum, evaluation, research, and resource development. So, exactly how have the health, wellness and risk factors in the United States and our region changed in the last twenty years, from 1999 to today?

A recent JAMA examination of hundreds of causes and risk factors demonstrated that overall health in the United States has actually improved from 1999 to 2016. But the research, in fact, also shows that the drivers of mortality, early death, and illness have changed. New risk factors such as drug abuse disorders, high body mass index (obesity), high-sugar diets, stress, anxiety, and alcohol-use disorders have all increased. And with them, related adverse outcomes across the country have increased. In multiple states, the probability of death between age 20 and 55 as a result of these risk factors has increased more than 10% between 1999 and 2016. Research clearly indicates a growing need for greater investments in preventive, educational, and ecologically-driven wellness and care, across the life spans of individuals and communities.

Most people don't realize that funding for much of CHL's work delivering our prevention, wellness, and health programs does not come from public sources. Many of the holistic public health improvements we work on rely on foundation supported project grants that we build out with partners, private contributions and income-based service fees.

Led by CHL's active Board of Directors and working with community partners, the Center For Health & Learning works vigorously to fulfill our purpose, providing input to policy issues, educational resources, and professional development, leadership training and technical assistance for addressing today's urgent health issues.

CHL works with schools, community coalitions, campuses, national and state agencies and other non-profit partners. We serve a broad network of community and state leaders and organizational administrators, assisting them in achieving their missions. We support education professionals: counselors, nurses, health educators, and curriculum directors through practice improvement so they can finetune their skills for the challenges facing families and children today. And we help to build resilience by working with health care professionals, faith leaders, parents, community professionals and policy makers.



In the coming year, CHL looks forward to advancing and growing our efforts. Thank you for being a colleague, participant, funder, donor, and/or partner during the past 20 years. In the year ahead, we'll be avidly building links between health and education, providing new online and on-site innovations in suicide and substance use disorder prevention, and promoting mental health wellness and resiliency across the region.

JoEllen Tarallo, Ed.D., MCHES, FASHA
Executive Director

OUR MISSION

The Center for Health and Learning (CHL) serves as a catalyst, inspiring optimal health for all. Our work focuses on building strong statewide and regional foundations for healthy communities through educational resources, professional development and practice improvement, research, policy development, evaluation and consult. Our goal is to bring collective knowledge, skills and experiences to programs and policies that improve public health, equity and wellness. In 2018-2019, we continued and expanded our focus on two of our core platforms: suicide prevention, and substance misuse awareness and prevention.

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** We'd like to thank our first-rate outgoing Board President, Richard Paul, a good friend, a professional colleague, and a wonderful advisor. Thank you, Richard, for all your guidance and active participation in our mission for more than a decade!*

OUR STAFF

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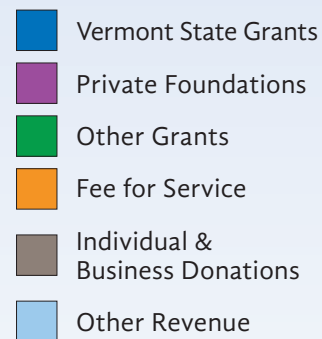
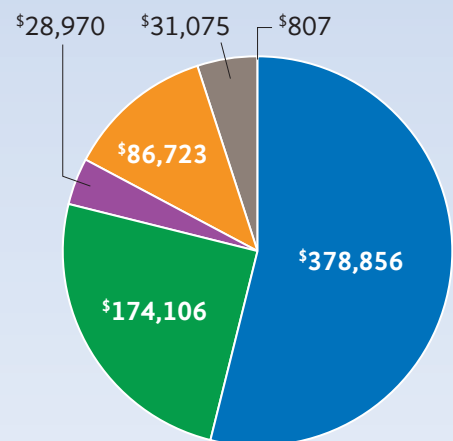
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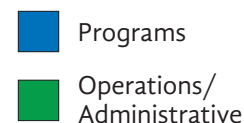
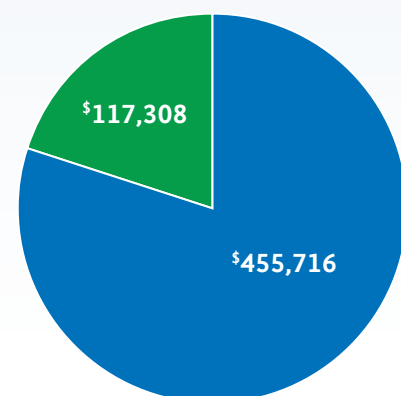
Bookkeeper

2018 FINANCIALS

2018 REVENUE BY SOURCE



2018 EXPENSE BY ACTIVITY



ON CHL'S PRACTICE IMPROVEMENT WORK

CHL helps organizations, practitioners, and healthcare systems review and use relevant data to better understand specific areas needing improvement, design better programs and strategies, and implement practice changes that improve professional practice area outcomes. Comparing data to evidence-based guidelines, in 2018 CHL and VTSPC provided Leadership and Clinical training for 24 healthcare organizations including: Blue Cross Blue Shield of Vermont, One Care Vermont, Vermont Blueprint for Health, UVM Medical Center & Vermont Independent Providers, and Leadership Training for 13 Designated Mental Health Agencies.

CHL SELECT CORE PROGRAMS & PROJECTS IN 2018

The Vermont Suicide Prevention Center – VTSPC is a public-private partnership with Agency of Human Services, foundations, individuals and organizations. Created by CHL, VTSPC works to create healthy communities in which people have the knowledge, attitudes, skills and resources to reduce the risk of suicide in Vermont. Thanks to CHL's ongoing work through VTSPC, over 2,300 professionals were trained in Suicide Prevention protocols in 2018 and 2019[4].

Three-year mental health projects using a collective impact approach – In 2018 CHL began delivering an enhanced educational focus on mental health for Bellows Falls Union High School. And a second project combining forces with Northwestern Counseling & Support Services, the Abenaki Parent Advisory Council of Misissquoi County and UVM Medical Center developed practices, training, and protocols as part of Vermont's Connecting Rural Communities project.

A Noteworthy 2018 ATOD program on substance abuse – CHL's work with Cheshire Medical Center, "Getting it Right Inside On Substance Misuse", helped a major regional health care system assess the impact of substance misuse on their services, and provided clear practices, protocols and recommendations on how to move forward.

CHL's best-practice Zero Suicide Trainings and Umatter® Suicide Prevention Gatekeeper trainings were provided to some stellar Vermont regional health groups in 2018 – including The University of Vermont Medical Center, Blue Cross Blue Shield of Vermont (BCBSVT), The Medical Reserve Corps (a national network of local volunteer units who engage their local communities to strengthen public health, reduce vulnerability, build resilience, and improve preparedness, response and recovery capabilities), and The Vermont Blueprint for Health / The Women's Health Initiative (The Vermont Blueprint for Health designs community-led strategies for improving health and well-being, a natural fit for our own focus).

Partnering with The Vermont Department of Mental Health (DMH) – with strategic partners, CHL supports and has developed systemic, sustainable prevention infrastructures in Vermont, focusing on best practices for suicide prevention; providing training in effective suicide prevention practices; promoting public awareness using public service messaging, that suicide is a matter of public health and is preventable; leading and developing public and private policies and symposiums; expanding the implementation of a Zero Suicide approach in Vermont through training and education within mental health and healthcare organizations; training over 90 clinicians in CAMS (Collaborative Assessment and Management of Suicidality); and ongoing trainings for statewide Substance Misuse Prevention and Treatment Programs.

Our 2018 Suicide Prevention Symposium attracted an array of top Vermont Mental Health and Healthcare attendees – Northeastern VT Regional Hospital, The University Of Vermont Medical Center, Blue Cross Blue Shield of Vermont (BCBSVT), The Department of Veterans Affairs, The Gifford Medical Center, Copley Hospital, Cathedral Square/SASH (support services at home for the elderly), Northern Counties Health Care, Peoples Health & Wellness Clinic, Good Neighbor Health Clinic, and Veterans Affairs National Center for Patient Safety.

Ongoing work with The Vermont Department of Health and ADAP – CHL's work with The Division of Alcohol and Drug Abuse Prevention (ADAP) is ongoing, addressing the many needs for substance abuse prevention on Vermont's college campuses and in communities statewide. In 2018 we provided support for multi-day prevention strategy symposiums; Substance Abuse and Prevention Skills Training (SAPST) for Department of Health staff; designed and facilitated multiple statewide professional development trainings for community-level prevention staff (Embedding Prevention Strategies in Vermont Communities, Adverse Childhood Experiences and Prevention, Alcohol & Drug Use Prevention For Law Enforcement, and Prevention Policy Reviews); and support for statewide Clinical Core Competency Trainings, Effective Adolescent Treatment, ASAM Trainings, and VDH Assessment and Treatment Planning for Substance Use Disorders.

OUR PARTNERS

In 2018, the Center for Health and Learning collaborated on community projects and workforce development with the following state agencies, schools and organizations:

American Association of Suicidology
American Foundation for Suicide Prevention,
Vermont Chapter
CAMS-care
Health Care & Rehabilitation Services
Lamoille County Mental Health Services
Howard Center
Northwestern Counseling & Support Services
Outright Vermont
Rutland High School
Rutland Regional Medical Center
Support and Services at Home (SASH) Cathedral Square
Springfield School District
The Collaborative
United Way of Windham County
University of Vermont
Vermont Association for the Mentally Ill
Vermont Bar Association
Vermont Care Partners
Vermont Coop for Practice Improvement
VAHS Department of Vermont Health Access
Vermont Department of Health,
Division of Alcohol and Drug Abuse Programs

Vermont Department of Health,
Emergency Preparedness, EMS & Injury Prevention
Vermont Department of Health,
Division of Maternal and Child Health
Vermont Federation of Families for Children's
Mental Health
Vermont Department of Mental Health
Washington County Mental Health
Windham Southwest Supervisory Union

CHL depends on the generosity of all our donors to make our work possible. You can make a one-time or monthly sustaining gift online at

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and mail to:

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